

said actuator clamp is then again clamped onto said linear member to permit further linear movement of said body by further actuation of said expansion and contraction device.

8. Apparatus as defined in claim 7, in which said expansion and contraction device is a linear expansion and contraction device.
9. Apparatus as defined in claim 7 or claim 8, including at least one auxiliary clamp mounted on said linear member for movement therealong, said at least one auxiliary clamp being releasably clampable onto said linear member; said at least one auxiliary clamp being connected to said body or to a respective rigid arm or projection that is rigidly connected to said body.
10. Apparatus as defined in any preceding claim, in which the throw of said expansion and contraction device is variable.
11. Apparatus as defined in any preceding claim, in which said member along which said actuator clamp is moveable comprises an I-beam having a centrally positioned vertical member separating an upper horizontal flange and a lower horizontal flange, and said or each clamp comprises a yoke adapted to fit onto said I-beam, said yoke comprising a pair of side members connected at the top thereof by a cross-member; characterised in that:
  - a) a respective arm extends inwardly from the lower end of each of said side members; a respective first friction pad being mounted on the top surface of each of said arms, underneath said upper flange;
  - b) a vertical shaft extends through a centrally positioned aperture in said cross-member, said shaft being freely moveable vertically within said aperture;